## Immediate Benefits of Quitting

## Within 20 minutes...

- Blood pressure drops to normal
- Pulse rate drops to normal
- Temperature of hands and feet increases to normal

## Within 8 hours...

- Carbon-monoxide levels in blood drop to normal
- Oxygen level in blood increases to normal

## Within 24 hours...

Chance of heart attack decreases

## Within 48 hours...

- Nerve endings start to regrow
- Ability to smell and taste is enhanced
- ♦ Walking becomes easier

## 2 weeks to 3 months...

- Circulation improves
- Lung function increases up to 90%

## 1-9 months...

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, reduce infection

## 1 year...

Risk of coronary disease is half that of a smoker

## Frederick County Health Department Cigarette Restitution Fund

350 Montevue Lane Frederick, Maryland 21702



**Smoking Cessation Program** 301-600-3294 • 301-600-3298 (Fax)



Free Smoking Cessation Classes



Frederick County Health Department

The Frederick County Health Department does not discriminate against anyone because of age, race, gender, national origin, religion, disability, sexual orientation, or financial status.

## Why Quit Smoking?

That is a question with a million excellent answers...

- Your health is suffering.
- You're ready for a fresh start.
- You could use the extra money.
- Your family wants you to quit.
- You're to important to be a "statistic".
- You want to be free from addiction.
- Your doctor has advised you to quit.

## Consider the facts...

Smoking is the number one cause of preventable death and disease in the United States.

Smoking is an addiction.

Cigarettes contain over 4,000 harmful chemicals, 40 of which are known to cause cancer.

Every year millions of Americans quit smoking.

You don't have to <u>want</u> to quit, you just have to <u>believe</u> it's possible! Frederick County Health Department's

## SMOKING Cessation Program

The health department has offered smoking cessation classes since 1999. All classes are taught by a health educator with experience in dealing with the issues related to smoking addiction. Classes are designed to be informative and supportive. A support group for program participants is offered on a monthly basis. All services are FREE!

# Every year millions of Americans quit smoking ... you can too!

## I have <u>tried</u> to quit before, how will quitting with the class be <u>different?</u>

Research shows that individuals attempting to quit smoking are most successful when their efforts are combined with a smoking cessation class. Our class teaches you how to develop a quit plan. It also helps you to understand the quitting process, explains some potential pitfalls, and teaches relapse prevention techniques. Perhaps, most important of all, you will be supported by individuals who share your goal of quitting.

## Class topics will include:

- What is Nicotine Addiction?
- How do I Deal with Withdrawal?
- Techniques of Stress Management
- Techniques of Weight Management
- Relapse Prevention Planning

For more information or to register for classes, please call: 301-600-3294

